

GARDENING CLUB



Jhoana Serna is KCAH's Strength-Based Practitioner. She has been working with our Access tenants to help them start to uncover their potential and self-belief. When Jhoana discovered that a few tenants had a passion for gardening, she encouraged them to start their own fortnightly Gardening Club.

Jhoana said, "From start to finish, the tenants have had ownership of the project and are helped by a few volunteers who also love gardening. What used to be a dumping ground for cigarettes has been planted out. Now it's a really beautiful and peaceful space. It's been tremendously powerful for everyone involved because they are all invested in it - that's the beauty of strength-based work.

Even people who struggled with time-keeping issues are showing regular commitment and turning up promptly. One of the people who attend said to me the other day, 'This group has saved my life. For 2 hours a week I don't have to think about how horrible things have been - thank you!'"



BEFRIENDING SCHEME



KCAH will be piloting a Befriending Scheme, for those who have recently moved into housing, or are still in hotels and may be experiencing feelings of isolation.

The idea is for volunteer befrienders to make a weekly phone call for a friendly chat. This will help to reduce loneliness and help break down 'them and us' barriers between local Kingston residents and those who have experienced homelessness.

MORE DETAILS TO FOLLOW.

Please check our website in the New Year.